



DEPARTMENT OF THE ARMY
HEADQUARTERS, 18TH MILITARY POLICE BRIGADE
CMR 418
APO AE 09058

REPLY TO
ATTENTION OF

AETV-MP-H

15 November 2004

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: 18th Military Police Brigade Command Policy Memorandum #5, Suicide Training and Prevention

1. References:

- a. V Corps Policy Memorandum #7, V Corps Suicide Prevention Program, 26 Nov 2001.
 - b. USAREUR Command Policy Letter #28, Suicide Prevention, 4 May 2003.
 - c. AR 600-63, Army Health Promotion, 28 Apr 1996.
 - d. DA Pam 600-24, Suicide Prevention and Psychological Autopsy, 30 Sep 1988.
 - e. UR 40-6, Referring Soldiers for Mental Health Evaluation, 8 Feb 1996.
 - f. DA Pam 600-70, US Army Guide to the Prevention of Suicide and Self-Destructive Behavior, 1 Nov 1985.
 - g. U.S. Army Center for Health Promotion & Preventive Medicine, <http://chppm-www.apgea.army.mil>.
2. Suicide prevention is the business of every leader and soldier in the 18th Military Police Brigade. The loss of a soldier or family member through suicide adversely affects everyone in a unit. The key to prevention is recognizing the danger signs and taking immediate action.

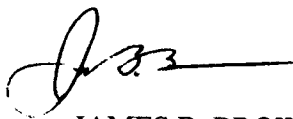
3. Signs that a soldier or family member may be at risk include:

- a. Depression.
- b. Making threats to commit suicide (any threat must be taken seriously even if the person making the statement tries to pass it off as a joke or just appears to be seeking attention).
- c. Talking about wanting to die.
- d. Alcohol or drug abuse.

- e. Experiencing a recent significant loss of a family member or loved one.
 - f. Causing intentional injuries to oneself.
 - g. Giving away personal possessions.
 - h. Break-up of a relationship.
4. Anyone who has any reason to suspect that someone might be considering suicide should take the following action.
- a. Talk to the person, don't be afraid to ask, "Are you thinking about hurting yourself?"
 - b. Intervene immediately, notify your chain of command. Find someone to help. Don't leave the person alone.
 - c. Don't keep it a secret.
5. Resources available to everyone include your chain of command, unit Chaplain, Community Mental Health, local hospital, and other policy/emergency services.
6. Commanders will assess any soldiers who exhibit depression or maladjustment to determine if continued performance of duty and/or access to arms, ammunition, explosives, or classified information should be restricted.
7. Units should perform annual suicide prevention briefings to keep leaders and soldiers informed on what to look for and how to take action to prevent a suicide. Pocket cards and materials are available at the U.S. Army Center for Health Promotion & Preventive Medicine web site, <http://chpm-www.apgea.army.mil/dhpw/>.
8. A copy of this policy will be posted on every unit's and outlying platoon's bulletin board.
9. POC for this memorandum is the undersigned at DSN 382-5600.
10. "EVER VIGILANT"

DISTRIBUTION:

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JAMES B. BROWN
COL, MP
Commanding